

Working with Complexity?

Complex situations need clear thinking.



The Contexts Framework—Reflecting Tool

The CONTEXTS Framework is a tool grounded in systemic principles and concepts, helping practitioners make sense of situations that feel unclear, stuck or difficult to navigate. Through a shared reflective structure, it supports the exploration of relational and contextual influences, uncovering possibilities and helping practitioners find direction.

What the Tool is

A visual reflective resource combining:

- a diagram of interacting contexts
- eight reflective lenses
- three forms of inquiry
- four options levels of exploration

Together, these elements support structured, contextual, relational thinking.

What the Framework Provides



SHARED PRACTICE LANGUAGE



CONSISTENT PRACTICE



ENCOURAGES COLLABORATIVE WORKING

SUPPORTS PRACTITIONERS TO:

- ✓ Make sense of complexity
- ✓ Strengthen reflection and practice
- ✓ Enhance supervision and collaboration
- ✓ Support assessment and intervention
- ✓ Inform next steps
- ✓ Working confidently with uncertainty

WHERE CAN THIS TOOL BE USED?

Used across therapy, supervision, education, health, social care and community settings, the framework provides a practical methodology to strengthen reflections, critical thinking and professional judgement.

WHAT'S INCLUDED:

- Practitioner Guide (includes CONTEXTS Framework diagram)
- 32 colour-coded reflective cards containing 382 reflective questions

Discover how the CONTEXTS Framework can support reflective practice, supervision and professional development.

Visit The Contexts Collective™
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